

Measurements of Range of Motion

using a Universal Goniometer

Measuring Shoulder Flexion



START

Patient seated, arm in line with trunk.

Goniometer axis over joint axis.

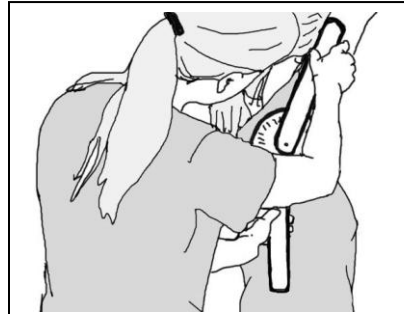
(approx. 1 inch below acromion process)

Stationary arm parallel to trunk.

Movable arm parallel to longitudinal axis of humerus.

Measure starting position.

Ask patient to move arm forward as high as possible, leading with thumb.



END

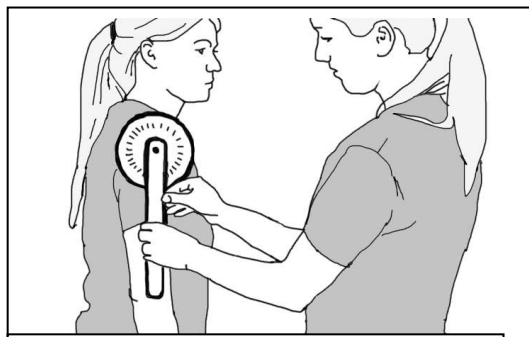
Reposition the goniometer so that the **goniometer axis** is once more over joint axis (which has moved).

Stationary arm parallel to trunk.

Movable arm parallel to longitudinal axis of humerus.

Measure ending position.

Measuring Shoulder Extension



START

Patient seated, arm in line with trunk.

Goniometer axis over joint axis.

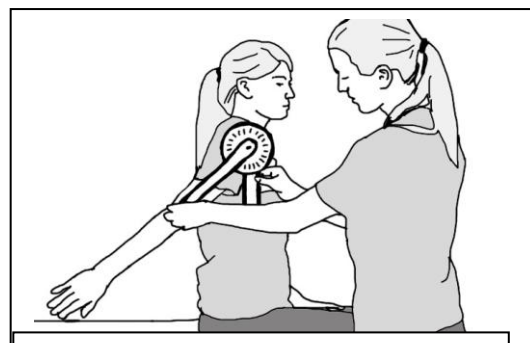
(approx. 1 inch below acromion process)

Stationary arm parallel to trunk.

Movable arm parallel to longitudinal axis of humerus.

Measure starting position.

Ask patient to move arm behind them as far as it will go, leading with the little finger.



END

Goniometer axis over joint axis.

Stationary arm parallel to trunk.

Movable arm parallel to longitudinal axis of humerus.

Measure ending position.